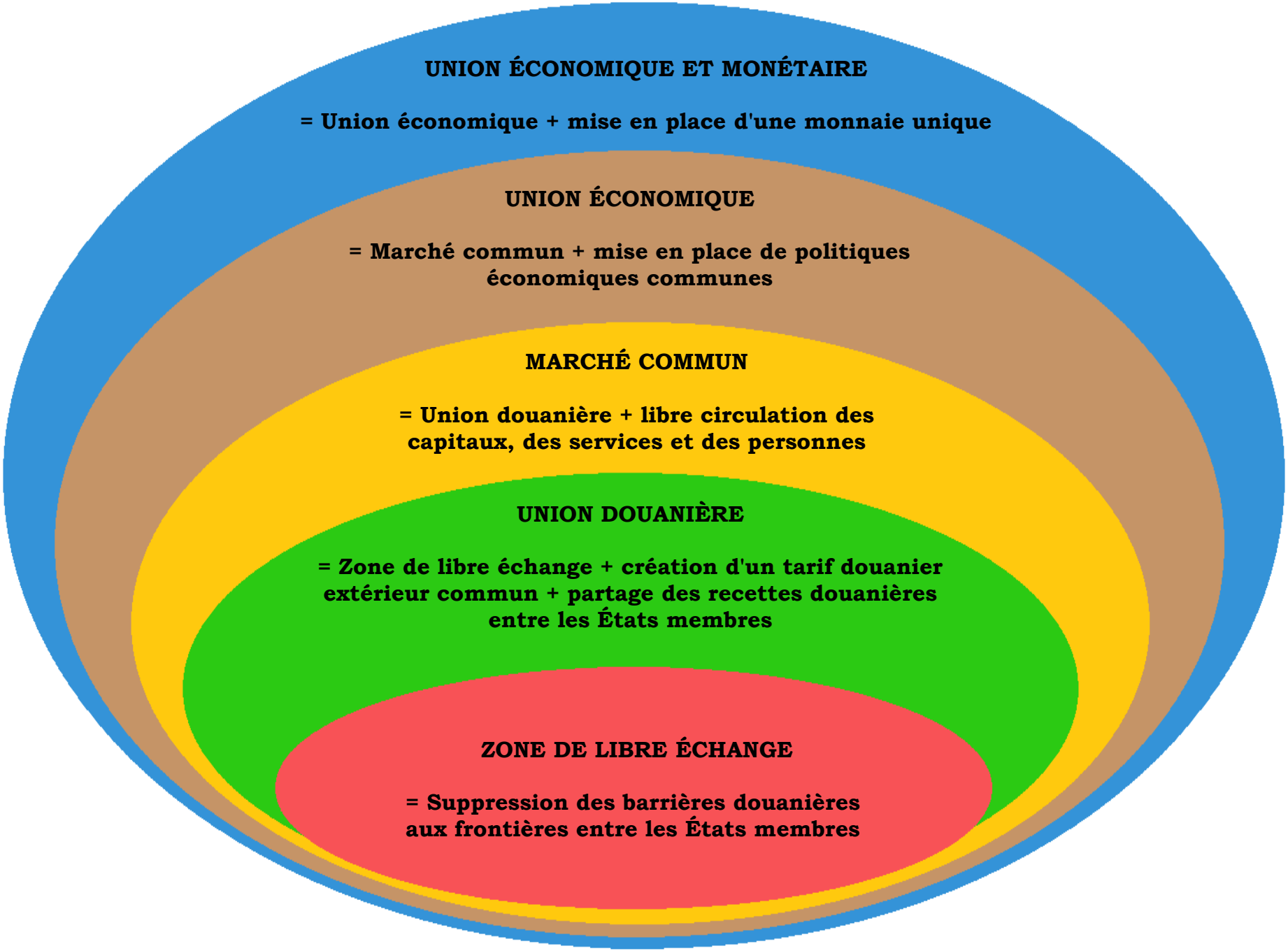LES CINQ DEGRÉS D'INTÉGRATION RÉGIONALE